



Swimming

Aquatics Centre, Olympic Park



London 2012 Paralympic Games Official spectator guide

Plan your travel

Getting to the Olympic Park

Great news! You can use the Games Travelcard sent to you with your ticket for free travel on public transport in London zones 1-9 on the day of your event, including to and from the Olympic Park. The recommended stations are:

Stratford – around 15-minute walk

Stratford International – around 15-minute walk

West Ham – around 25-minute walk

London will be very busy so leave plenty of time to get to the Olympic Park and be prepared for crowds. Plan and book your journey at london2012.com/paralympics/travel and check it before you set off as things may change.

Or why not take the active option and get on your bike? There's secure cycle parking in Victoria Gate, around 15-minute walk to Victoria Gate), and outside Eton Manor Gate and Greenway Gate. You'll also find walking and cycling routes on our website.

There is no spectator parking at the Olympic Park, except for pre-booked Blue Badge spaces.

For days when you're not going to a London 2012 sports event or ceremony, beat the queues for travel tickets and buy a Visitor Oyster card before you leave home at tfl.gov.uk/visitorshop

Accessible travel

If you've reserved Blue Badge parking, you'll receive details in the post soon. For more information, go to london2012.com/paralympics/bluebadge

Stratford and Stratford International stations have step-free access, with staff assistance available.

Inside the venue you can use our free Games Mobility service, which loans out mobility vehicles on a first come, first served basis. Audio description and guiding are also available. Find out more at london2012.com/paralympics/accessibility



BARCODE



Top tips

Welcome

This guide includes handy tips to help you get to your event and make the most of your Paralympic experience. So have a good read – and don't forget to bring it on the day!

1 Check the London 2012 website for the latest information before you travel

2 Remember your tickets! Everyone needs a ticket for entry

3 Aim to arrive at the Olympic Park up to two hours before your session starts

4 The transport system and venue will be very busy so leave plenty of time to travel and be prepared to wait – it may also take a while to exit the Olympic Park once your session is over

5 You'll need to go through airport-style security when you arrive so make sure you've read the list of items that aren't allowed inside the Olympic Park at london2012.com/paralympics/security

6 Your bag must fit under your seat or on your lap. If you can manage without one, even better

7 There's a wide variety of healthy and tasty food inside the venue

8 You can pay by Visa (debit, credit or prepaid) or cash (£) only

9 Check the weather forecast and come prepared, whether that means bringing a sun hat or rain jacket – we are in the UK after all!

10 The Olympic Park is very big – make sure you wear comfortable shoes so you can explore. If you've got a smartphone, switch on Wi-Fi and visit london2012.com/paralympics to find fun things to do after your event

Arriving at the Olympic Park

Aim to be at the Olympic Park up to two hours before your session starts. When you get there, you'll be asked to go through airport-style security screening. With thousands of visitors arriving at the same time, there may be a queue.

One soft-sided bag is allowed per person – for example, a medium-sized handbag or small backpack (maximum 25 litres).

We want everyone to have a safe and enjoyable Games, so there are some things you can't bring into the Olympic Park. Go to london2012.com/paralympics/security for the full list, which includes water and other liquids.

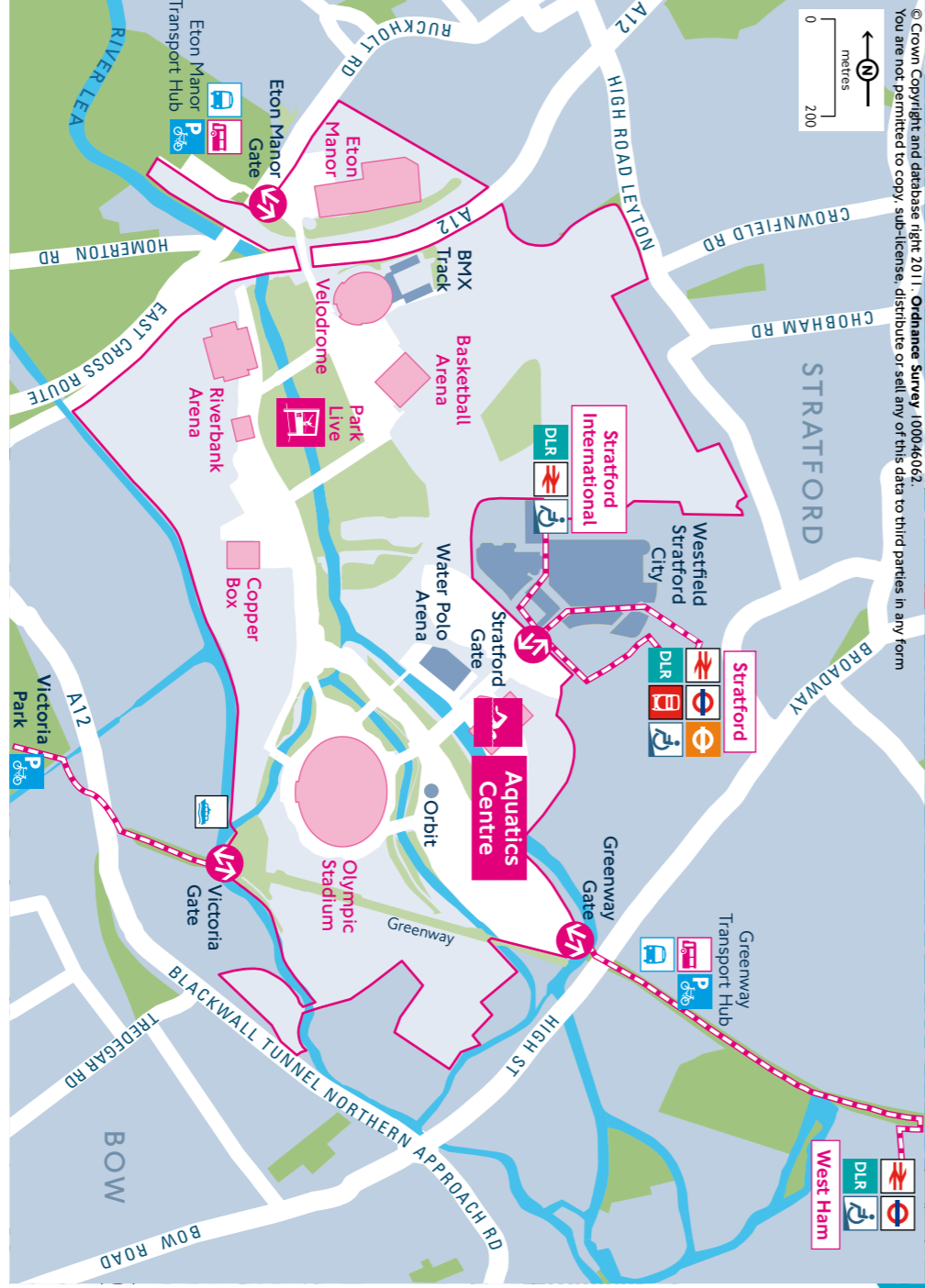
You'll need to have your ticket ready to be checked at the entrances to the Olympic Park and the Aquatics Centre.

Arriving at the venue

You should aim to arrive at the Aquatics Centre up to 90 minutes before your session starts to make sure you don't miss any of the action. The build-up to competition will begin the moment doors open so get to your seat and enjoy the show!

The Olympic Park is very big so bear in mind it could take up to 30 minutes to get to the Aquatics Centre once you've gone through security screening, depending on where you enter.

There's no readmission to the Olympic Park or the Aquatics Centre.



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Key

	Recommended station for spectators		London Underground
	Event area during the Paralympic Games		London Overground
	Olympic Park entrance and exit		Docklands Light Railway
	Spectator access route		River services
	National Rail		Bus station
	Station with step-free access and staff assistance		Park-and-ride shuttle bus pick-up/drop-off
	DLR		Cycle parking
	DLR		Coach pick-up/drop-off
	DLR		Live Site
	Games Mobility shuttle service will be available across the Olympic Park		

Swimming

With the second largest number of athletes and events at the Games, Swimming is one of the most popular Paralympic sports.

Sports info

Medal events	148
Total athletes	600 (340 men, 260 women)

Classification key

To ensure competition is fair, swimmers are classified according to how their impairment affects their ability to perform each stroke.

Code	Classification
S	Freestyle, backstroke and butterfly events
SB	Breaststroke events
SM	Individual medley events
1-10	Athletes with physical impairments (1 – greatest impact on the athlete's ability to perform each stroke, 10 – least impact)
11-13	Athletes with a visual impairment (11 – little or no sight, 13 – limited sight)
14	Athletes with an intellectual impairment

Session timetable

Day	1	2	3	4	5	6	7	8	9	10	11
Date	Thu 30 Aug	Fri 31 Aug	Sat 1 Sep	Sun 2 Sep	Mon 3 Sep	Tue 4 Sep	Wed 5 Sep	Thu 6 Sep	Fri 7 Sep	Sat 8 Sep	Sun 9 Sep
Morning	09:30-11:50	09:30-11:55	09:30-12:20	09:30-11:40	09:30-12:00	09:30-11:50	09:30-11:45	09:30-11:50	09:30-12:05	09:30-12:15	
Evening	17:30-21:05	17:30-21:05	17:30-21:10	17:30-20:55	17:30-21:00	17:30-21:05	17:30-21:10	17:30-21:05	17:30-21:10	17:30-21:10	

Sessions where gold medals will be decided and/or awarded are highlighted in **bold**

The history

There's evidence that people have been swimming for sport since Ancient Egypt and Ancient Greece. One of the few sports to have featured at every Paralympic Games since Rome 1960, Swimming is now hugely popular around the world as both a leisure and competitive activity.

Did you know?

Class 11 swimmers have an assistant who uses a rod with a foam tip to touch or tap them to let them know they are approaching the end of the pool (either as they turn or at the finish).

The basics

Races take place in a 50 metres pool, and may start in a number of ways depending on an athlete's impairment: from a standing start; using a dive start from a sitting position on the starting platform; or from within the water.

The Swimming competition features all four strokes: freestyle (usually front crawl), backstroke, breaststroke and butterfly.

Breaststroke requires greater leg power than any other stroke, so athletes with a physical impairment often compete in a different classification here than they do in freestyle, backstroke and butterfly. The key on the left provides an overview of classification in Swimming.

Find out more about Swimming – pick up an official London 2012 daily or souvenir programme at the event.

Aquatics Centre



Key

- Venue entrance and exit
- 101** Seating block
- Toilets and baby changing facilities
- Accessible toilets
- Ticket resolution office
- Lift
- Spectator medical
- Pushchair and wheelchair storage
- London 2012 Shop
- Food and drink
- Spectator flow
- Information, lost and found, Games Mobility and pushchair and wheelchair storage

Additional accessible toilets on mezzanine level

Scan me now or go to london2012.com/paralympics/mobileapps/ to find out about the official London 2012 apps, with sports results, spectator information and more.



Inside the Olympic Park

Please do your bit for the environment – take your rubbish home or help us recycle it by following the coloured icons on the bins, and on food and drink packaging.

Smoking is not permitted in the Olympic Park, except in designated areas.

VISA In recognition of Visa's longstanding support of the Paralympic Games, only Visa (debit, credit and prepaid) and cash can be used for purchases inside the venue. Contactless payment is also available.

Out and about

Find out what's on at a London 2012 Live Site near you or discover the great range of Paralympic, London 2012 Festival and other events taking place across the UK at london2012.com/paralympics/joinin

Get the perfect souvenir or gift – including exclusive merchandise only available in venues – at the London 2012 Shop. Or go online at london2012.com/shop



Delivering a memorable Paralympic Games to inspire a generation with the support of our Partners



This guide is available on request in other formats up to and including 30 June 2012. To obtain these please quote reference number LOC2012/PSG/12. Email info@enquiries.london2012.com. Phone +44 (0)845 267 2012. This guide is also available to download at london2012.com/paralympics



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